

UPWARD BOUND STUDENT & PARENT GUIDE

Upward Bound (UB) is a federally grant-funded, college preparatory program, providing fundamental support to a very select group of high school students who will be attending and completing college. The intensive program provides exceptional opportunities for participants to succeed in their pre-college performance and ultimately in their higher education pursuits.

The goal of UB is to significantly increase the rate at which participants complete high school and enroll in and graduate from college. During the academic year, UB provides tutoring, academic advising, career/major exploratory workshops and field trips that are planned to expand the opportunities for students. Each summer, UB offers a rigorous academic residency program for a smaller group of students, held at Cal Poly.

Upward Bound Director

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The UB team encourages all UB families to actively follow their social media accounts for program updates and important college prep information:

www.facebook.com/calpolyUB
www.instagram.com/upwardboundcp
www.youtube.com/channel/UCx_7YGkpCv73Lf1zgw5QubQ

TEAM SNAP APP

Because communication between the UB team, students, and parents is key to the success of our combined efforts, we use a website/phone app to circulate important information immediately. Please make sure that both parents and students download and use the Team Snap app.

<https://upwardboundcalpoly.teamsnap.com/>.

An invitation was sent to all student and parent emails on file. If a new invitation is needed, please email the UB team at upwardbound@calpoly.edu.

Once registered in Team Snap, individuals can update their personal contact information and preferred methods of contact in "settings". If you would like reminder texts sent to your mobile device, enter your service provider when prompted.

Team Snap is the preferred method for students to sign up for workshops and field trips. To do this, find the workshop/field trip under the calendar tab, click on the event and choose between "I'm Going" or "No". Students also have the option to sign up for workshops/field trips through the Upward Bound Facebook page.

GROUP ME APP

In addition to the above methods of communication, students can opt in for school-specific group text messages through the Group Me app.

PVHS	https://groupme.com/join_group/25171943/nmQD0z
NHS	https://groupme.com/join_group/24716475/y4UtgL
AGHS	https://groupme.com/join_group/24993947/wMqcm2
ERHS	https://groupme.com/join_group/24996472/RUqifs
SMHS	https://app.groupme.com/join_group/25230584/UbxJwa

TYPES OF SERVICES

Tutoring

- **Outreach Advisor Staff** - The UB Outreach Advisor team is made up of remarkable college students who attend Cal Poly. They are specialists in science, math and education. In addition to providing tutoring services, the OA's are available to UB students as role models and trained mentors.
- **School Site Tutoring** - Tutoring is available to UB students at their school site, once a week for a 2-hour session after school. Students are urged to use this time on classwork, PSAT/SAT/ACT test prep, and college/major/career exploration. They must come to tutoring sessions with all of the materials necessary to maximize their time with the Outreach Advisors.
- **Online Tutoring** - In an effort to accommodate and encourage our student athletes and those who participate in extracurricular activities, we will be introducing online tutoring this year. An online classroom will be open Mon – Thurs from



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- 7-8pm, beginning in October. Students will log into the online classroom to meet with their Outreach Advisor and other UB students for homework assistance.

Lunch Meetings

- Each month, the UB team will meet with all UB students at their school sites during their lunch break. This is an opportunity for planning, distributing information and building strong ties within the group.

Advising Appointments

- UB students are expected to always be working towards their goals of success in high school and college. To do this, they must have a Student Education Plan (SEP) that acts as a roadmap to reaching their short term and long term goals. Students must meet with the UB Program Coordinator each school quarter to review their progress. These meetings can be in person, through email conversations, by phone, FaceTime or Skype.

Field Trips/Workshops

- The UB team has organized several college visits and important workshops throughout the school year. Spaces fill quickly. To ensure a space, students must reserve their spot early through the Team Snap app or our Facebook page.

Khan Academy Academic Program

- The Khan Academy program is an online educational service that has partnered with The College Board (providers of the PSAT and SAT) to provide over 100,000 interactive exercises in a multitude of subjects. UB students are able to use the Khan Academy for tutoring and learning experiences at their own pace, at school, in on-site tutoring sessions, and during their free time at home.
- All UB students must review the College Admissions course.
- All 11th and 12th grade UB students are expected to work through the SAT Prep course.
- In addition to these requirements, students should review subject specific courses at their level. Khan provides course in all levels of high school math and science.
- After signing up for a free Khan Academy account at <https://www.khanacademy.org>, students must go to the "Profile" tab and add upwardbound@calpoly.edu as their coach. This allows the UB team to follow the students' progress through all Khan courses. This information will be used within their Student Education Plan.

STUDENT RESPONSIBILITIES

Grades

- To reach their college goals, hard work and good grades are both expected and required. UB students must maintain a 2.5 GPA. If a student's GPAs falls below the requirement, they will meet with the UB Program Coordinator to discuss reasonable expectations, and create a plan and timeline for improvement. Students who do not show effort and motivation towards improvement may be dismissed from the program.

Attendance/Participation

- To maximize the benefits of the UB program, students must attend a minimum of 10 hours each semester to continue their enrollment in the program. These hours can be through tutoring (either on-site or online), PSAT/SAT/ACT test prep, lunch meetings, usage of the Khan Academy program, attendance at workshops or field trips, through classes at Allan Hancock College or through attending school or college sponsored FAFSA, scholarship or college information sessions. Students that do not meet the 10-hour goal may be dismissed from the program.
- Students must take courses which will prepare them for college.
- Students must maintain a positive attitude and a good attendance record at their school. Attitude shows one's desire to be in UB and motivation to meeting higher education goals.

Stipends

- For the Fall 2016 semester, students who meet attendance and grade expectations are eligible for a financial stipend. Students must earn 20 hours or more to receive a stipend of \$75. Spring stipend policies are being reviewed based upon future grant/budget goals.

College Now! Courses

- Students who enroll in, and pass with a "C" grade or better, College Now! courses through Allan Hancock College will receive the full stipend for the Fall semester.

Grade Checks

- Grade checks are due monthly. They can be handed in at lunch meetings or emailed to upwardbound@calpoly.edu. Grade checks must be submitted by the 30th of each month during the academic school year.



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9th Graders

- Must complete the College Admissions course through the Khan Academy.

10th Graders

- Must be working on taking the PSAT. This test is not just a preparation for the SAT, it is also an opportunity for colleges and scholarships to identify outstanding prospective students.

11th Graders

- Must be working on SAT or ACT test prep in the spring of their Junior year.

12th Graders

- A list of colleges that the student has applied to is also due by December 1st.
- One UB goal is to guide students in their efforts to pay for college in a fiscally responsible manner. Scholarships and grants are "free money". All 12th graders should spend their year maximizing the "free money" that they apply for through FAFSA and scholarship opportunities.
- All 12th graders must apply for 5-10 scholarships and submit proof.
- Must apply complete a FAFSA by December 1st. The FAFSA is open October 1st.
- Students who intend to enroll at Allan Hancock College must take AHC START testing prior to May of their Senior year.

Graduates

- The UB team continues to follow all of their students beyond high school graduation, through to college graduation. The federal government requires that we report data and statistics regarding our successes as an organization, and our student's individual successes. Graduates are expected to keep the UB team updated with school progress and changes in contact information.

PARENT RESPONSIBILITIES

Parent Participation

- Parents should actively participate in the student's college journey. UB wants to facilitate this partnership by being available to parents to assist with any questions and concerns that might come up. The Program Coordinator (Kari Leslie) is the best resource for English speaking parents, while the Director (Susie Lerma) is available to assist Spanish speaking parents.
- Volunteering – the UB team needs the assistance of parent volunteers to aid in passing information and translating for Spanish speakers. We are also looking for parents who already have students in college, who can act as peer guides for other parents who are new to the process. If you are interested in volunteering in any capacity, please email upwardbound@calpoly.edu.

